

**IN THE SPECIFICATION:**

1. After the title on page 1, please insert the following new paragraph as follows:

The present application is a continuation-in-part of U.S. Patent Application 09/881,806, filed June 18, 2001, which is now U.S. Patent No. \_\_\_\_\_, both of which are incorporated herein in their entirety.

2. Please insert the following new paragraph after the paragraph on page 2, line 23, to page 3, line 9, which ends with "...of these substances.", as follows:

In a first embodiment in accordance with the present invention, a method for dispensing a substance into a mouth is provided, wherein the substance is selected from the group consisting of a breath freshener and a flavoring agent, and the method includes the steps of: (a) providing a mouth and tongue stud including a means for dispensing a substance formed in a portion of the stud, wherein the means for dispensing a substance contains the substance; (b) mounting the stud in a part of a wearer's mouth; and (c) dispensing the substance into the wearer's mouth. In a second embodiment of the present invention, the first embodiment is modified so that the substance comprises a breath freshener. In a third embodiment of the present invention, the first embodiment is modified so that the substance comprises a flavoring agent. In a fourth embodiment of the present invention, the third embodiment is further modified so the substance includes a breath freshener mixed with the flavoring agent. In a fifth embodiment of the present invention, the second embodiment is modified so that the substance includes a medication mixed with the breath freshener. In a sixth embodiment of the present invention, the third embodiment is further modified so that the substance includes a medication mixed with the flavoring agent. In a seventh embodiment of the present invention,

the fourth embodiment is further modified so that the substance further includes a medication mixed with the breath freshener and the flavoring agent. In an eighth embodiment of the present invention, the first embodiment is modified so that the substance is dispensed into the wearer's mouth by dissolving the substance over time in the wearer's saliva. In a ninth embodiment of the present invention, the second embodiment is modified so that the substance is dispensed into the wearer's mouth by dissolving the substance over time in the wearer's saliva. In a tenth embodiment of the present invention, the third embodiment is modified so that the substance is dispensed into the wearer's mouth by dissolving the substance over time in the wearer's saliva.

3. Please insert the following new paragraph after the paragraph on page 9, line 16, to page 10, line 2, which ends with "...of the invention.", as follows:

The hollow balls (220) and (320) and the solid balls (620) are merely illustrative and are not meant to limit the geometry of the invention. More generically, the balls (220), (320) and (620) are end members that can have any practical geometry. Some non-limiting examples of the geometry of the end members include spherical shapes, disk shapes, square shapes, polygonal shapes, cylinder shapes, pyramidal shapes and donut shapes.